Abstract

Title of the thesis: The influence of exercise on subjective perception of our own body in participants of the Feldenkrais method course

Aims of the thesis: The aim of this thesis was to deepen the theoretical knowledge of the Feldenkrais method, the basic anatomy of the cervical spine and the construction of the eye. Furthermore, the aim was to clarify the connection of eye movements and cervical spine, and define cervicoocular reflex, vestibuloocular reflex and whiplash syndrome. Then apply this knowledge and explain how one lesson of the Feldenkrais method affects the subjective perception of our own body, and how it can affect the magnitude of the cervical spine ranges.

Method: It is a quantitative, experimental research. In the first part of the research, the questionnaire of own design monitored the effect of one lesson of the Feldenkrais method on the subjective perception of our own body in a group of 56 people aged 24 to 79 years, the lesson took part during a three-day course. In the second part of the research, the effect of one Feldenkrais method focused on the movement of eyes and cervical spine was studied in a group of 20 people aged 19 to 27 years. Data to this section was obtained based on input and output measurements using a measuring tape and a goniometer. In addition, a subjective evaluation of participants' feelings using a Likert scale questionnaire was also included in this part.

Results: The subjective perception of our own body has been improved or neutralized in nearly every 93% of participants. The most significant improvement was seen in the overall feeling after the lesson, with over 77% of the participants feeling less tired, more fresh. In evaluating the range of movements after one eye movement course, only 15% of the participants managed to improve all of the measured parameters. On average, the whole research group improved in all measured parameters by 1.32 º except for the Čepojev distance (0.12 cm deterioration) and cervical spine rotation to the left (0.6º reduction).

Conclusion: The work pointed out that already one lesson of the Feldenkrais method can influence not only the subjective perception of our own body but also the range of movements of the cervical spine after one lesson focused on eye movements.

Key words: Feldenkrais method, body perception, Awareness Through Movement, group lesson, cervical spine, eye stabilization reflexes, eyes, eye movements